

LOSTWITHIEL u3a
FEBRUARY / MARCH NEWSLETTER

What a wet and windy introduction to the year 2026!

Unfortunately our first Open Meeting of 2026 had to be cancelled due to the extreme weather which would have made travelling too risky for many. However we will still be able to hear Mark's talk on the history of television news later in the year.

The next Open Meeting will be on **Monday 2nd March** when our talk will be by Kay Turner who is currently Joint President of Soroptimist International St. Austell & District Club.

Likened to Rotary International and Lions International, Soroptimist International is a women led organisation and has 66,000 members around the world, focusing on activities and projects, raising awareness and money to primarily help, support and give a platform to vulnerable women and girls.

Kay has been a Soroptimist since 1998 and has enjoyed many roles within the St Austell Club as well as being Regional President of the South West and Channel Islands region in 2014/2015.

Kay is delighted to be invited to speak to the U3A group by Dave Bridges, whose wife, Jane, is also a Soroptimist!

DATES FOR OPEN MEETINGS 2026:

All meetings will be in the Church Rooms Lostwithiel starting at 2pm

2nd March

11th May(Talk plus AGM)

6th July

7th September

2nd November.

REMINDER

Membership subscriptions are due by the 1st March 2026. By the end of January you will receive an email from the membership secretary containing all the information you need to renew your membership of Lostwithiel Area u3a. The good news is that subscription rate is staying the same giving excellent value for money.

OPPORTUNITIES TO JOIN THE COMMITTEE THIS YEAR

We are a successful, thriving u3a, fully financially viable with nearly 290 members enjoying 24 group activities. Our next AGM will be in May when we will be appointing our committee for 2026/27.

We're pleased to say 2 members have recently expressed a willingness to join the Committee - which is great! However, we're still interested in other volunteers to swell our committee numbers. It's not an onerous time commitment but it's a great way to become more involved. In particular we are looking to fill the role of "Treasurer" - no experience required as the u3a Beacon financial software programme does the clever "accounting".

If you would like to find out more about joining the committee then give David a call on 07484 124490 or call Annie on 07497 630742

ADDITIONAL ACTIVITIES IN FEBRUARY

The visit to *The Story of Emily* is now completely full (including the minibus) with 30 attendees signed up and a few additional names on a waiting list. Timings are currently being finalised and then full details will be sent out.

A course on CPR and Defibrillator use for Group Leaders has been arranged for Monday 9th Feb which is now full with seven Group Leaders attending.

UPDATES FROM SOME OF OUR GROUPS

For contact details and more information on all of our groups please visit the groups page on our website.

Art Appreciation

On 19 January, the group held their planning meeting for the first half of the year with trips planned to numerous venues and exhibitions. This includes trips to some popular favourites such as Delamore House, Bovey Tracey and Penlee House, Penzance as well as some exciting exhibitions e.g. Beryl Cook at the Box in Plymouth and Grayson Perry at the Ram Museum in Exeter. For a very local event in Bodmin there's an outing to see the FLAMM exhibitions around the town (flamm.creativekernow.org.uk) on 1st March.

Contact Laone (07419905358) or Barbara (01208 872360).

Beverage 'n Banter.

The next meeting will be at the Fowey Valley Hotel on Monday 2nd February at 11.00. The cost is just £3 for refillable Tea/Coffee and biscuits - the "banter" is entirely up to you. It's an excellent opportunity to meet other Lostwithiel area u3a members - both existing friends & new ones!

Day Trippers

The first trip of the year was to Exeter with 11 members making an early start by train. Some took the city tour, some visited the museum and for others it was an opportunity to do some shopping in the sales and explore the artisan shops along the quay.

E-Bikers

Electric Bikers finished 2025 with rides to Lanjeth, Pelynt, Wadebridge and St Beward and finally enjoyed a Christmas Lunch at the Chatham.

If you would like to get pedaling and would be interested in joining the "Electric Dynamos" they would be delighted to welcome you. Please contact Brian on 0753050709

Garden Visits Group

There will be a planning meeting on the 9th February at The Royal Oak, Lostwithiel at 10.30am to select gardens for the group to visit this year. Meanwhile, there's a visit to Frances Howard's garden at Bere Alston already arranged on the afternoon of Friday 13th March to see historic daffodils

Lunch Group

There's a full programme already planned for 2026 with members taking turns to organise and host lunches at restaurants within 30 to 40 minutes of Lostwithiel on the 4th Wednesday of each month.

Photography Group

This very active group has its calendar of dates for 2026 posted on the group pages. It's worth look at the group pages, even if not a group member, to scroll through some of their impressive work..

Poetry

The first meeting in January shared a lot of discussion on the theme of Political poems. For the meeting on 6th February the topic, in anticipation of Valentine's Day, will be 'Love' with, no doubt, many poems to choose from.

Pop and Rock Music Appreciation

Full programme of dates available on the group pages. The theme for the next meeting on 17 February will be "weather", mainly because we've had so much of it recently..... The January meeting was a free choice session with tracks from a diverse range of artists.

If you have any news from your group that you would like to share in the next newsletter, just drop me a line at karendickin@live.com.

We are also always keen to explore ideas for other new groups so, if you have an interest, skill or knowledge you might be able to share with others in a group, David would delighted to have a chat with you.

And during the dark winter months....

Don't forget that you can make the most of your membership by accessing a wide range of fascinating free online talks, workshops, and courses without having to set foot outside. To check out what's on offer visit the u3a website.

[u3a online talks](#)

I recently fulfilled a longtime wish to be able to understand cryptic crosswords by taking one of the 6 part workshops on offer. It was excellent; clearly presented, the tech worked seamlessly and I joined about 80 participants across the country, all eager to learn.

If you can already do cryptic crosswords, here's a topical clue you might like to try:

Don collects the elements (7)

Answer to be supplied on request.

Contacts

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Membership - Stephanie Thomas 07980871491

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